

Master Embodied Soul Coach, TEDx and Keynote Speaker, Award Winning,
Best-Selling Author and Transformational Experience Facilitator

JACIA KORNWISE

Media Lit



JACIA & KORNWISE

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I'm Jacia Kornwise

Master Embodied Soul Coach, TEDx & Keynote Speaker, Award Winning, Best-Selling Author and Transformational Experience Facilitator

My work integrates movement, the 5Rhythms, breathwork, mindfulness tools, somatic experiencing techniques, presencing and grounding tools, positive psychology and Shadow Coaching.

I have over 30 years of experience helping thousands of individuals cultivate more resilience, experience more joy and finally break free from the trauma they've carried with them for YEARS...

...so that they can leave baggage behind, unlock peak productivity and enter their highest creative state.

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BRAINZ.

CANVASREBEL



5RHYTHMS



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MEDIA BIO *(long)*

Jacia Kornwise stands at the forefront of transformative healing through movement. With a rich educational background including a Master's degree in Counseling & Psychology, another in Coaching, and a certification in Gabrielle Roth's 5Rhythms of Dance, Jacia brings a nuanced, deeply informed approach to wellness. As a trained Breathwork Facilitator and an expert in somatic mindfulness techniques, her practice elegantly weaves together movement, breathwork, mindfulness and positive psychology, creating a unique alchemy that catalyzes profound personal transformations. She is also the award winning author of "The Love Ball Game - Embracing Yourself and Embodying Your Soul".

For over three decades, Jacia has been a beacon of change, helping thousands reclaim their lives from the grips of everyday stress, trauma, and self-sabotage. Her workshops, retreats, and events are renowned for their power to facilitate transformation, offering participants new pathways to joy and resilience. As a speaker, Jacia stands out for her ability to inspire and actively engage her audience.

Jacia's multiple experiences with loss, trauma and adversity have led her to dedicate her life to providing people with accessible tools that help them overcome their challenges and live their dreams. Jacia is known as a Master of Moving your Mojo. Her heart-centered, intuitive and joyful coaching style, combined with her laser-focused depth, has helped thousands of people develop more confidence, resilience and resourcefulness.

To learn more about Jacia, visit www.jaciakornwise.com and follow her [@jaciakornwise](https://www.instagram.com/jaciakornwise)



MEDIA BIO *(short)*

Jacia Kornwise holds dual Master's degrees in Counseling & Psychology and Coaching, alongside a certification in Gabrielle Roth's 5Rhythms. As a trained Breathwork Facilitator skilled in somatic and mindfulness techniques, Jacia's unique approach integrates movement, breathwork and positive psychology to spark profound personal transformations.

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MY PROMISE AS YOUR GUEST:

What you can expect from me as a speaker

Besides delivering an inspiring message from the stage, I'm committed to making sure your attendees are engaged and receive all the support they need to take action from what they learn.

I enjoy staying for the full duration of the event and connecting with attendees to help discover how they can create next steps towards that which they are seeking.

You can expect prompt communication to plan, create and debrief the experience.

I am more than happy to customize my content to meet your needs, and can present in different formats, whether that be a keynote talk, a panel discussion, a half-day workshop, an event, or a full-day or longer experience.

“What exactly is Conscious Freeform Dance?”



Conscious Freeform Dance (also known as Conscious Dance, Freeform Dance, Dance Therapy and Dance/Movement Therapy) is simply the act of moving your body to music, allowing you to discover exactly how you need to move from within.

Conscious Dance teaches you to listen to your intuition and reconnect with your body's innate wisdom.

There are no steps to follow, no choreography to learn, you simply move in the way that feels “right” to you.

What people are saying about my talks:



"This past week I had the opportunity to see Jacia speak, and I have to say that I was absolutely blown away."

She has such a great energy, presence of delivery, and the audience was hanging onto her every word. If you want to bring in a speaker who will absolutely overdeliver, Jacia is that speaker."

– COREY POIRIER, FOUNDER AT BLU TALKS AND BLU PODCASTS AND BEST SELLING AUTHOR

Connecting with Jacia could be a transformative experience for you—it has been for me!



"Jacia's TEDx talk, "Grounding Your Way Through Fear," offers just a glimpse into her vast knowledge and skill set. As a Master Embodied Soul Coach, Speaker, and Transformational Experience Facilitator, Jacia brings a unique blend of disciplines to her work.

She is equipped with a wealth of somatic and mindfulness tools, and, with an impressive 31 years of experience in her field, Jacia's expertise in guiding individuals toward a more fulfilling life journey is truly commendable. Connecting with Jacia could be a transformative experience for you - it has been for me!"

– SABRINA STRATFORD, HUMAN TRAFFICKING ABOLITIONIST



Inspiring, Energetic and Soulful Topics Tailored to your Audience's Needs

While I am more than happy to create a custom presentation or workshop based on your audience and their needs, here is a small sample of my most requested talks:

TOPIC:

Rise Up and D.A.N.C.E.: Become Emotionally Intelligent and Resilient

It's easy to collapse and lose our way when experiencing life's inevitable challenges. Jacia Kornwise calls herself a SURTHRIVER because she has helped thousands transform from surviving to thriving.

Through Jacia's 5-step D.A.N.C.E. framework, the audience will:

- Get access to one essential tool to surthrive through even the hardest/darkest loss and grief
- Discover 5 simple emotional recovery tools that make life flow
- Learn how to transform self-hatred and shame stuck in the emotional body
- Understand strategies to break away from self-sabotage and deepen self-care, self-love, and self-esteem
- Know exactly how to disarm doubt and distraction through the power of true presence

TOPIC:

3 Tools to Overcome Fear, Stress, and Anxiety and Become Calm, Confident, and Connected

People are under a lot of pressure with the many roles they have to play in their lives, lacking clarity and direction and afraid to make the wrong choice. As a Master Embodied Soul Coach of 31 years, Jacia teaches practices and techniques for grounding and peace.

In this talk, the audience will:

- Learn a foolproof technique to become present and feel safe
- Experience a simple exercise to release tension and transform it
- Get access to quick daily practices to uncover your blind spots and act with clarity
- Learn to distinguish their signals and develop self-trust, self-care, and self-guidance
- Discover how to be at peace with themselves on the daily

"Jacia is a dynamic speaker with an energy and stage presence that reaches out and fully captures her audience."

She is very passionate about her work and extremely dedicated to making sure her message is fully dialed in.

As a speaker, Jacia is punctual, prepared and an absolute joy to be around. **She breaks down her talks into digestible pieces so it's relatable and easy for anyone to understand, all with a touch of grace and class.** Jacia would be a great asset to any event, organization or team as a speaker, contributor, coach or friend."

– NICK SHELTON, BEST SELLING AUTHOR OF "AN INTROVERT'S GUIDE TO WORLD DOMINATION"





TOPIC:

L.E.A.D.: How to Move through Adversity and Achieve Your Goals

We all want to live our best life; sometimes, life takes its toll. Jacia Kornwise has moved through significant trauma and loss in her lifetime and has developed empowering tools to tackle almost any adversity.

The audience will:

- Learn how to source their intuition and why people often don't
- Discover what it means to be embodied to achieve holistic health
- Understand how to find freedom and even fun after adversity
- Access the secret to finding the ultimate love of their life
- Get the steps to transform triggers into daily tools to operate as their best self

Interested in booking Jacia to speak at your next event?

I'd love to learn more about your organization and your event to determine if I'd be a good fit to speak at your event.

Please fill out the quick questionnaire linked below to give me a bit of information about your organization and your event.

Once you submit this form, I'll be in touch within 2-3 business days.

[BOOK JACIA TO SPEAK](#)



"Jacia is just who you need to light up your audience!"

"Jacia is a dynamic and passionate speaker who truly is changing lives daily. She was a delight to work with; she was flexible, responsive, and always cheerful.

At our TEDx event, Jacia was thoughtful, maintained a professional attitude, and was generous in supporting the organizers and the team. Jacia is just who you need to light up your audience and add value to any event she is invited to."

– TANJA DIAMOND